

Special Olympics Challenge

Basketball Skill 2 – INDIVIDUAL SKILLS – JORDAN

Description of the skill

The skill consists of three exercises:

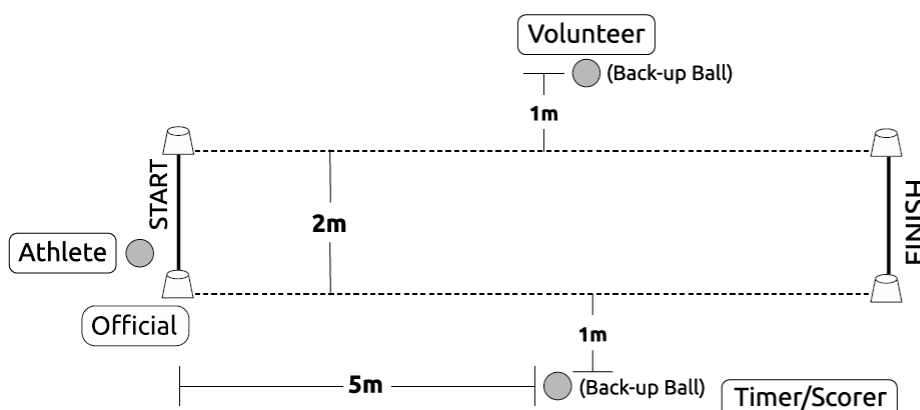
- a) 10 m dribble
- b) Target pass
- c) Spot shot

The final score for the skill is the total of the scores obtained in the three parts of the skill (Possible highest score: 30+20+36=86 Points). To conduct the skill, there must be enough assistants.

Execution of the exercise is illustrated in the following diagrams.

This skill is suitable for players who are not yet so practiced in the sport of basketball.

A) SKILL 2A - 10M DRIBBLE



Time	Pts
00.0-02	30
02.1-03	28
03.1-04	26
04.1-05	24
05.1-06	22
06.1-07	20
07.1-08	18
08.1-09	16
10.1-10	14
11.1-11	12
12.1-14	10
14.1-16	08
16.1-18	06
18.1-20	04
20.1-22	02
22.1 +	01



Description

The player dribbles as fast as possible for 10 m, at the end of which he or she must come to a standstill and stop dribbling. The aim is to run, dribble and stop as quickly as possible.

This exercise evaluates speed and the ability to dribble a basketball.

Equipment

- Three basketballs (size 7 for men, size 6 for women and juniors up to the age of 11)
- Adhesive tape
- Four cones or poles to mark the ends of the two lines

Preparation

- Mark one starting line 2 m long
- Mark one finish line 2 m long, placed 10 m from the starting line.
- Put two cones at the ends of each line
- If possible, mark the side lines along the length

Execution

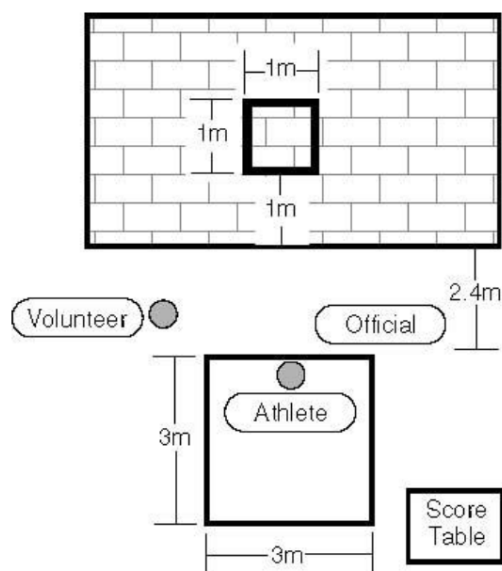
- The player stands behind the starting line with a basketball
- At the coach's signal, the player begins to dribble and run
- The player dribbles with one hand for the whole 10 m
- The player completes the exercise when they cross the finish line and stop dribbling
- If the player loses control of the ball, the clock continues to run, and the player must recover the ball and complete the exercise
- If the ball goes off to the side, the player can take either of the two back-up balls placed at the side of the field or recover his own ball and continue

Result

- Measure the time from the start signal until the player stops the ball after crossing the finish line
- A one-second penalty is given whenever the player performs an incorrect dribble (e.g. with two hands or carrying the ball)
- At the end of the exercise, the coach must convert the time into points, as indicated by the conversion table in the diagram
- The player gets two tries, the best of which counts
- The result of the exercise is the score for the best time achieved in the two tries (maximum: 30 points)



B) SKILL 2B - TARGET PASS



Description

The player makes five passes at the target placed on the wall and must recover the ball while remaining in the space marked out.

The aim is to make the passes accurately and to recover the ball after it has touched the wall.

This exercise evaluates the accuracy of passing and recovery with a basketball.

Equipment

- One basketball (size 7 for men, size 6 for women and juniors up to the age of 11)
- A smooth wall
- Adhesive tape to mark the area

Preparation

- Mark a 1 m square on the wall. The lower side is 1 m above the ground.
- At 2.4 m from the target on the wall, mark another square of 3 m on the ground.
- The ball is given to the player.

Execution

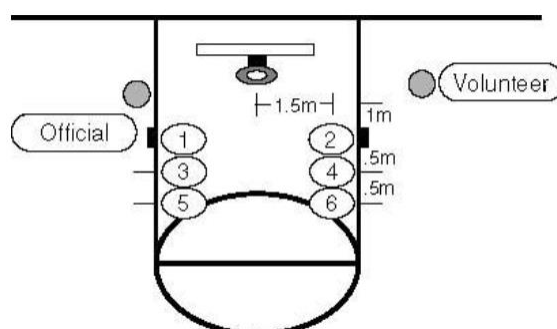
- The player makes five passes against the wall
- The player makes the pass in such a way as to recover the ball after it has touched the wall
- The player must stay within the square marked on the ground
- The passing technique is at the player's discretion



Result

- 3 points for each pass that strikes inside the square on the wall
- 2 points for each pass that hits the lines of the square on the wall
- 1 point if the pass hits the wall but not the square
- 1 additional point is given if the player catches the ball in flight or after a rebound without leaving the square
- The player receives no points if the ball hits the ground before hitting the wall or if he exits the square
- The result of the exercise is the total number of points obtained in the five passes (maximum: 20 points)
- The player gets two tries, the best of which counts

C) SKILL 2C - SPOT SHOT



Description

The player makes two shots at the basket from six different positions placed to the right and left of the basket. The aim is to score the largest number of field goals with 12 shots from a standing position.

This exercise evaluates the player's shooting accuracy.

Equipment

- One (or two) basketball(s) (size 7 for men, size 6 for women and juniors up to the age of 11)
- Chalk or adhesive tape
- Measuring instrument
- One regulation basket (height: 3.05 m)
- For juniors up to the age of 11, a mini-basketball basket may be used (height: 2.44 m).
In this case, always use the same basket for the entire duration of the competition



Preparation

- Mark the six shooting positions on the ground.
- Measurements are made starting from the point on the ground corresponding to foremost end of the basket circle.
- Mark with a cross or circle of 50 cm in diameter at the six positions indicated in the diagram.
- Positions 1 and 2 are 1.5 m laterally from the basket and 1.0 m toward the half court.
- Positions 3 and 4 are 1.5 m laterally from the basket and 1.5 m toward the half court.
- Positions 5 and 6 are 1.5 m laterally from the basket and 2.0 m toward the half court.
- The coach holds the ball and gives it to the player when they are ready.
An assistant may have a back-up ball in case the shot bounces far away. In this way, the player does not lose rhythm due to long pauses to recover the ball.

Execution

- The player executes two shots from each position (total: 12 shots)
- Each basket scored from positions 1 and 2 counts for two points
- Each basket scored from positions 3 and 4 counts for three points
- Each basket scored from positions 5 and 6 counts for four points

Result

- The result of the exercise is the total number of points obtained in the 12 shots (maximum: 36 points)
- The player gets two tries, the best of which counts

Effect of the skill

This skill provides a general evaluation of the player in the three fundamental elements of basketball: passing, dribbling and shooting.

This skill is of an easy level and is adapted to players with major difficulties or who are not very proficient.

Guidelines for recording the results

The result of this skill is the sum of the results obtained in exercises A), B) and C).

The maximum result is 86 points (A=30; B=20; C=36)

Rules of the skill

- The player must always use the same type of ball
- The basket must be placed at an official height
- Execution of exercise A) is ordered by the coach
- The area of the basketball court (Exercise C) may differ from that represented in the diagram (e.g. of trapezoid form), but that does not matter as the shooting areas are marked based on the position of the basket and not on location of the lines on the ground.



Equipment

- Adhesive tape or chalk
- Measuring tool (e.g. folding yardstick)
- Size 7 basketballs for men, or size 6 for women and juniors up to the age of 11.
- Stopwatch
- Whistle

If you have any questions about this skill, please do not hesitate to contact us: challenge@specialolympics.ch